

SOAR Student Training Progress Week 14- 5 Mile Bench, 8.5 Mile Long

Student / WK 14	4-Jan	6-Jan	8-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Baljet, Micaela			1:56:40	8.50	127.90	4.0		00:00	13:44	12:19	12:23
Castillo, Edgar	0:36:42	0:45:27	1:24:34	17.50	144.90	9.5		09:05	09:32	09:34	09:34
Fitterer, Horus	0:36:09		1:45:52	12.50	147.40	14.5		00:00	11:22	10:24	09:52
Hernandez, Giselle	0:50:10		1:55:45	12.50	152.90	5.0		00:00	13:16	11:35	11:49
Iribe-Loza, Sebastian	0:30:31	0:38:01		9.00	152.90	8.5	8.5	07:36	07:37	08:14	08:14
Paulsen, Abby	0:43:30	0:54:13	1:45:32	17.50	146.90	12.5		10:51	11:37	10:40	09:50
Stella, Vincent	0:34:36	0:48:59	1:24:34	17.50	166.00			09:48	09:37	09:54	09:57
Strang, Ainsley	0:38:18	0:51:41	1:27:15	17.50	155.65			10:20	10:08	10:05	10:13
Uchino, Ethan		0:45:48	1:26:15	13.50	154.40	4.0		09:10	09:47	09:48	09:53
Vasquez, Mia	0:43:30	0:54:13		9.00	148.90	12.5	8.5	10:51	10:51	10:45	10:50

- 1) Next Team Qualifying Event is the Heartbreak Half Marathon Saturday, January 22nd in Ventura! 6a Rally at Lowes!
- 2) Participation Agreements DUE NOW!! Team Physicals Due NOW!! No exceptions!!!
- 3) Transportation to this weekend's event will be provided by SOAR Coaching Staff.
- 4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! All miles owed must be made up by Thursday, January 20th at coaches discretion to participate in the Heartbreak Half Marathon!
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D